

**Amendments to the Claims:**

This listing of claims will replace the prior version, and listing, of claims in the application:

**Listing of Claims:**

Claim 1 (currently amended) A selenium nutritional supplement composition consisting comprising of Se-methyl-L-selenocysteine with enhanced bioavailability.

Claim 2 (currently amended) The A bioavailable nutritional supplement composition of claim 1 consists comprising of Se-methyl-L-selenocysteine combined with black pepper extract standardized to contain 95-98% piperine.

Claim 3 (canceled)

Claim 4 (currently amended) Use of an effective oral or topical dose of [[T]] the composition of claim [[1]] 2 is an efficacious antioxidant nutritional supplement in to provide antioxidant nutritional support to human[[s]] individuals and animals in need thereof.

Claim 5 (canceled)

Claim 6 (currently amended) Use of an effective oral or topical dose of [[T]] the composition of claim [[1]] 2 is useful as nutritional supplement in strengthening immune functions and resistance to diseases in human[[s]] individuals and animals in need thereof.

Claim 7 (currently amended) Use of an effective oral or topical dose of [[T]] the composition of claim [[1]] 2 is useful as nutritional supplement in detoxifying regimens in human[[s]] individuals and animals in need thereof.

Claim 8 (canceled)